

Allograft Anterior Cruciate Ligament Reconstruction Protocol

Dr. Schaap

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change -Instructions in signs and symptoms of infection -Check for DVT -Issue HEP for quad sets, SLR, hip ab/adduction, patellar mobs, heel slides and cryotherapy -Electrical stim for quad reeducation and swelling <p>*Anterior Lateral Ligament (ALL) repair NWB 0-90 x 3 weeks</p>	<ul style="list-style-type: none"> -Independent in home exercise program -Fair quad set -Independent with SLR -Understands importance of knee immobilizer for 1-2 weeks -home electrical stimulation unit if needed
Phase I (0-8 weeks)	<ul style="list-style-type: none"> -Frequency=2-3x /week -Progress weight-bearing activities as tolerated -Progress unilateral stance -Progress ambulation to normalize gait -Off-the-shelf brace ordered from OSC when swelling is decreased unless otherwise stated 	<ul style="list-style-type: none"> -Full Extension -Range of motion past 100 deg -Good quad set -normal gait/Normal gait up and down stairs
Phase II (8-20 weeks)	<ul style="list-style-type: none"> -Frequency= 1-2x /week -Progressed to full range of motion as tolerated -Progress all other strengthening as tolerated <p>Activities: (Begin at 8 weeks)</p> <ul style="list-style-type: none"> --Double leg plyometrics --Outside biking program can begin --In line/ice-skating without cutting or turning --Swimming with a flutter kick only (no diving or flip turns) --Two legged and jump rope can be initiated 10-12 weeks 	<ul style="list-style-type: none"> -If phase 2 goals have been met, discharged from formal physical therapy can occur -Brace fulltime 12 weeks -After 12 weeks brace does not need to be worn for ambulation on level surfaces. Brace should be worn on uneven surfaces.

<p>Phase III (5-9 months)</p>	<p>-Frequency= PRN</p> <p>Activities:</p> <ul style="list-style-type: none">-No running until 16 weeks post op--Progress functional/sports specific training such as large figure-8 running, side-to side activity and forward/backward activity without any hard implanting or cutting	<ul style="list-style-type: none">-Brace on for all more aggressive activities for the first year-Return to full activity/sports per physician's discretion-9 month if strength sufficient per Biodex and functional testing completed at 7-8 months
-----------------------------------	--	--